



Fall 2020

Newsletter for Job Corps Health & Wellness Staff

Solutions

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“THEY’RE BACK” — SUPPORTING STUDENTS AS THEY RETURN TO CENTER

What’s Going On?

Our students have had a variety of experiences due to the COVID pandemic which means there will be different kinds of worries and different levels of distress. For example, some students that have lost loved ones or have been sick themselves may be worried about transmission of the virus and dealing with grief. Other students may be less concerned about the virus and more focused on their anxiety around the loss of “normality”, a loss of what they typically experience, and are really focused on things being so different. There may also be students with no real concerns about the pandemic. What we do know is that during this unprecedented time of uncertainty and fear, it is likely that for some students, mental health and substance use issues can become exacerbated.



What To Look For?

It is normal for students to express sadness, anger, anxiety, or frustration during this time. However, a student could likely benefit from extra support from counseling and/or the center mental health consultant (CMHC) if they have:

- Changes in mood such as ongoing irritability, feelings of hopelessness or rage and frequent conflicts with staff and/or other students
- Excessive worry or sadness
- A hard time falling or staying asleep or starting to sleep during the training day
- Changes in eating patterns, such as never being hungry or eating all the time
- Changes in behavior, such as an outgoing student starting to be a loner and a lack of interest in activities they typically enjoyed
- Changes in appearance, such as lack of basic personal hygiene
- Frequent complaints or visits to the Wellness Center for headaches, body pains, stomach problems, and/or skin rashes
- Increased suspicions that student may be using alcohol or other drugs
- Thoughts about death or suicide, or talking about it
 - * A word about suicide risk. Not everyone who considers suicide will talk about it, and not everyone who talks about suicide will act on their words. However, any talk about suicide should be taken seriously and the Wellness Center should be contacted.

Continued

“THEY’RE BACK” — SUPPORTING STUDENTS AS THEY RETURN TO CENTER (continued)

How To Support?

The support starts before students arrive with the center being transparent and creating a safe place for return. Letting students know ahead of time how the center will look and operate differently and how they will interact with other students and staff. Explain all steps that are being taken to keep staff and students safe and healthy.

Once on center, students might need help adjusting to how COVID-19 has disrupted their life overall and now on center. Particular attention should be given to students that have pre-existing mental health difficulties as they may be more vulnerable.



Support (either in-person or virtually) on center may include:

- Psychoeducation about stress, healthy habits, and self-care
- Social-emotional learning (SEL)-focused programs, including mindfulness (either in-person or virtually)
- Counseling and mental health services (including grief counseling)
- Evidence-based strategies like cognitive behavioral therapy (CBT) for students struggling with anxiety and mood symptoms
- Sharing mental health apps
- Peer/social support groups

A special note about students in quarantine or isolation.

- When students are in quarantine or isolation, help them find ways to keep their mind and body healthy, such as: Going for a walk or a run outside organized by staff, doing video workouts and breathing exercises online, e-books, music, and encouraging them to stay socially connected with family and friends. Help students look forward by shifting away from what was lost and getting them to identify ways to move on with their Job Corps plans and goals.

Lastly, staff set the tone for the center. Expressing extreme doom or fear can affect students. Try to stay positive and relay consistent messages that a brighter future lies ahead. Keep lines of communication open between you and the students and do not hesitate to make a referral to the counselor or CMHC if you are concerned about a student. The CMHC and counselors can provide strategies and a plan to help a student maintain their emotional health during this challenging time.

#WeAreStrongerThanCorona!

Resources

- [CDC’s Stress and Coping During the COVID-19 Pandemic](#)
- [Disaster Distress Helpline](#)
(800) 985-5990 (press 2 for Spanish)
Text TalkWithUs for English or Hablanos for Spanish to 66746
Spanish speakers from Puerto Rico can text Hablanos to (787) 339-2663
- [National Suicide Prevention Life](#)
(800) 273-TALK (8255) for English
(888) 628-9454 for Spanish
- [Lifeline Crisis Chat](#)

Adams & Associates, Inc.— Flu Vaccine Flyer

Contributed by: Michael Farias, Adams & Associates, Inc.

Adams & Associates created and distributed a Flu Vaccine Flyer to all of its centers. Centers were instructed they could create their own procedures to encourage student participation.

According to CDC, one of the best ways to [encourage vaccination participation](#) is to:

“Use promotional posters/flyers to advertise locations in the community that offer seasonal flu vaccinations. Display posters about flu vaccination in break rooms, cafeterias, and other high-traffic areas.”

Posters and other materials can be downloaded from the following websites:

- [CDCs Communication Resource Center](#)
- [CDC Digital Media Toolkit: 2020-21 Flu Season](#)

As we change from Summer to Fall, we enter the Flu Season.

That's a Bummer...

The Great News is we can protect ourselves by receiving the Flu Vaccine!

There are 3 ways all Job Corps Students can receive the Flu Vaccine!

#1 Visit the Drive Through Vaccination Site on Center. Be sure to wear a mask when you arrive. You will receive a \$10.00 incentive on your debit card. **Dates and addresses here.**

#2 Visit the nearest O.A. and / or CTS office Drive Through Vaccination Site in your area. Be sure to wear a mask when you arrive. You will receive a \$10.00 incentive on your debit card. **Dates and addresses here.**

#3 You can visit your local health department, your personal doctor or anyplace offering flu vaccines near you. If you take and submit a picture to your counselor that you have received the Flu vaccine, you will receive a \$10.00 incentive on your debit card.

Getting Paid to Stay Healthy!
How Cool is That!

These are the Negative Effects the Flu has on the Body

Central - Headache
Systemic - Fever (usually high)
Muscular - (Extreme) tiredness
Joints - Aches

Nasopharynx - Runny or stuffy nose
Sore throat
Aches
Respiratory - Coughing
Gastric - Vomiting

The Flu Fighting Checklist

Get vaccinated.
Wash your hands.
Eat healthy.
Exercise regularly.
Get enough sleep.
Use Hand sanitizer.
Keep distance from sick people.
Clean frequently used surfaces.
Get in the know about annual influenza.

FLU FACT
Even healthy people can get the flu. Protect yourself. Get a flu shot.
#RIGHT FLU!
www.cdc.gov/flu/flyer

Job Corps Center Happenings

Delaware Valley—HEALs Recipe Recovery

Contributed by: Deborah Vierra, RN, Wellness Manager

On September 2, Delaware Valley JCCs Culinary trade and Wellness Center combined efforts to improve and build healthy eating habits. The plan is to produce weekly videos that will:

- Demonstrate and discuss healthy snacks and meal options
- Demonstrate how to substitute ingredients that can still be tasty and a healthier choice
- Discuss benefits and disadvantages of healthy and unhealthy meals and ingredients

The videos are reviewed and approved by the Education and Training Manager on a weekly basis and then posted to all Delaware Valley Google classrooms.



Gary — Voting Empowers Students

Contributed by: Stephanie Soileau, Health & Wellness Manager

On Wednesday and Thursday nights from 7-8 pm there is an open forum on voter registration in the Wellness G-Suite facilitated by Carol Abbassi, TEAP Specialist. Students are informed of the voter registration process and registration deadlines.

VOTING & VOTER REGISTRATION

YOUR VOTE COUNTS

Come join us on
Wednesday & Thursday evenings
From 7:00pm-8:00pm
With Ms. Carol Abbassi

Class code: <https://google.com/lookup/bhpkq2rxwc>

Job Corps Center Happenings (continued)

Muhlenberg— Virtual Mental Health Promotion and Education

Contributed by: Jason E. Young, Health & Wellness Manager



During the month of September, Muhlenberg JCC will release through the center's Google Classroom the following:

1. **National Recovery Month** — During September, TEAP education was offered three days per week and students were reminded that TEAP is offered, through Google classroom, every Thursday to all students.
2. **National Suicide Prevention Week is September 6-12** — During this week, suicide prevention information was posted and students were reminded that mental health education is offered, through Google classroom, every Friday to all students.
3. **World Suicide Prevention Day is September 10th** — An essay contest on **"Why life is worth the journey"** with all entries due by October 21st. Multiple staff will judge the competition and prizes will be awarded November 1st.

New Haven — Google Classroom

Contributed by: Juli Cioffi-Smith, LCSW, Center Mental Health Consultant

New Haven JCC CMHCs have been working with students for individual sessions and via Google Classroom. We are developing our Google Classroom page to help students remember that we are still available for support even though they are not on center at this time. Participation in these optional CMHC assignments can earn them Positive Behavior Reports and time towards Distance Learning Requirements. We try to use a mix of learning opportunities for our students such as movie assignments to learn about mental health concerns, a listing of TED talks on a variety of mental health topics, building feeling vocabulary through word searches, and a CMHC Services slide show with a quiz to help students remember that Mental Health Services are available even while in distance learning mode.



Suggested Movies

- | | | | | |
|---------------------------|------------------------------|-----------------------------------|-------------------------------|--|
| • Antwone Fisher | • Poppy Shakespeare | • Awakenings | • Frankie and Alice | • Mozart and the Whale |
| • Silver Linings Playbook | • It's Kind of a Funny Story | • The Aviator | • Prozac Nation | • White Oleander |
| • Unsound (2015) | • Rain Man | • Charlie Bartlett | • Inside Out | • Pollock |
| • Girl, Interrupted | • A Beautiful Mind | • Call Me Crazy (2013) | • What's Eating Gilbert Grape | • The Quiet Room (1996) |
| • Black Swan | • Lady Sings the Blues | • Infinitely Polar Bear | • Ordinary People (1980) | • Camp (2003) |
| • The Soloist | • Good Will Hunting | • The Perks of Being a Wallflower | • Little Miss Sunshine | • Contamination (a short film by R. Shanea Williams) |

Ted Talks

- [All kinds of minds](#) — These powerful stories shatter preconceived notions about mental illness, and pose the provocative question: What can the world learn from different kinds of minds?
- [The importance of self-care](#) — Too busy to take care of yourself? These talks offer simple ways to stay healthy — both emotionally and physically.
- [How to practice emotional first aid](#) — Handy TED Talks for when you (or a loved one) need help recovering from an emotional hit.
- [The struggle of mental health](#) — Depression, schizophrenia, suicidal feelings—too often, these experiences stay private. These speakers who've struggled with mental illness boldly share their stories, in hopes that others don't feel so alone.



Job Corps Center Happenings (continued)

Pine Ridge — Fishing Trips

Contributed by: Karla Hall, Center Mental Health Consultant

Pine Ridge JCC students have enjoyed fishing with residential staff at the surrounding ponds and lakes. It's easy to socially distance in Western Nebraska!



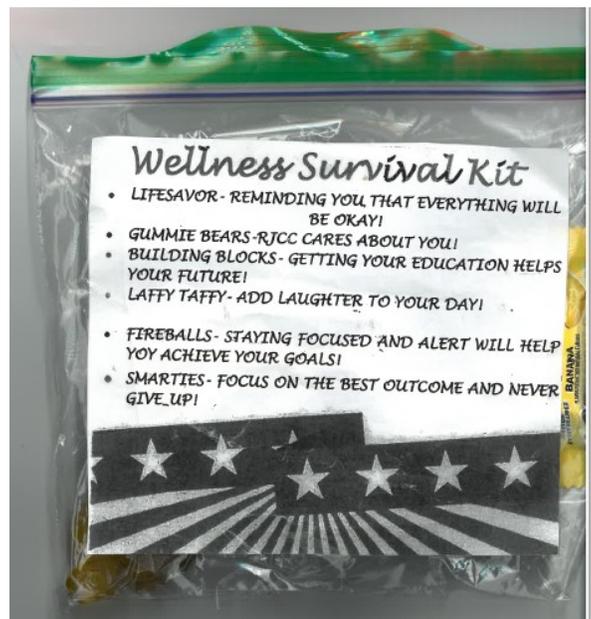
Roswell — Wellness Survival Kit

Contributed by: Mary Erard, RN, Health & Wellness Manager

The Roswell JCC Wellness Center sent a Wellness Survival Kit to all of their students. The kit included the following candies:

- Lifesaver — Reminding you that everything will be okay!
- Gummie Bears — RJCC cares about you!
- Building Blocks — Getting your education helps your future!
- Laffy Taffy — Add laughter to your day!
- Fireballs — Staying Focused and alert will help you achieve your goals!
- Smarties — Focus on the best outcomes and never give up!

It was a huge hit!



Job Corps Center Happenings (continued)

San Diego — Mental Health Activities

Contributed by: Alison Diaz and Marisa Zens, Center Mental Health Consultants

In August, the Mental Health and Recreation Departments collaborated to host a version of “**The Privilege Walk**” for students and staff. This was an on-center activity conducted outside with safety measures in place. It was introduced to students as “an activity about our similar and different life experiences.” The center customized the questions to fit students on center and issues that many have experienced. It resulted in a very productive and interesting dialogue.

Our mental health practicum trainees also started up an on-center therapy group, “Chill N Spill,” in which about eight students have opted to participate.

In honor of World Suicide Prevention Day and Suicide Awareness Month San Diego JCCs Mental Health Department planned both virtual and on center activities. On September 10th, staff and students participated in a suicide awareness activity lead by the graduate trainees. Three interactive group activities highlighted suicidal risk factors in youth, myths and facts about youth suicide, and on and off center resources. At the end, each participant filled out a brief resiliency plan with resources on the back. The cards were laminated and returned to each person for safe keeping.



Whitney M. Young — COVID-19 Information

Contributed by: Freda Davis, RN, Health & Wellness Manager

The Wellness staff created three documents that were posted to their Google Classroom.

- Cleaning vs Disinfecting handout
- Covid-19 Myth vs Fact slides
- Protect Yourself— Know How It Is Spread handout

1. Know the difference between cleaning, disinfecting, and sanitizing

Cleaning removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection. (1:10 bleach solution or hand sanitizer)

Sanitizing lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.

2. Clean and disinfect surfaces and objects that are touched often

Follow your school's standard procedures for routine cleaning and disinfecting. Typically, this means daily sanitizing surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones, and toys. Some schools may also require daily disinfecting these items. Standard procedures often call for disinfecting specific areas of the school, like bathrooms.

Immediately clean surfaces and objects that are visibly soiled. If surfaces or objects are soiled with body fluids or blood, use gloves and other standard precautions to avoid coming into contact with the fluid. Remove the spill, and then clean and disinfect the surface.



Protect Yourself - Know How It Is Spread
There is currently no vaccine for COVID-19.

The best way to protect yourself is to avoid being exposed.

The virus is understood to be transmitted via person-to-person contact within 6 feet.

2020 Health Observances

October

- Mental Illness Awareness Week
October 4–10
<https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week>
- National Depression Screening Day
October 8
<https://www.mhanational.org/national-depression-screening-day>
- Domestic Violence Awareness Month
<https://www.breakthecycle.org/blog/it%E2%80%99s-national-domestic-violence-awareness-month>
- National ADHD Awareness Month
<https://chadd.org/awareness-month/>
- National Bullying Prevention Month
<https://www.stopbullying.gov/>
- National Dental Hygiene Month
<https://www.adha.org/national-dental-hygiene-month>

November

- Great American Smokeout
November 19
<https://www.tobaccofreecampus.org/the-great-american-smokeout>
- American Diabetes Month
<https://diabetes.org/>
- National Epilepsy Awareness Month
<https://www.epilepsy.com/>
- National Healthy Skin Month
<https://www.aad.org/public/public-health/awareness-campaigns/national-healthy-skin-month>

December

- World AIDS Day
December 1
<https://www.worldaidsday.org/>
- National Handwashing Awareness Week
December 6-12
<https://www.cdc.gov/handwashing/index.html>

2020

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Job Corps Webinars

Upcoming 2020 Webinars

- TEAP Specialist Orientation Part 1 — October 1 & 6
- CMHC Orientation Part 1 — October 6
- CMHC Orientation Part 2 — October 7
- TEAP Specialist Orientation Part 2 — October 8 & 13
- Healthy Personal & Professional Boundaries — October 22
- HWM Orientation Part 1 — November 4
- HWM Orientation Part 2 — November 11
- HWM Orientation Part 3 — November 18



You can register at: <https://jobcorps.webex.com>.

Past Webinars

- Racism & Trauma — September 23
- New Uses for Formalized Assessment Measures for All TEAP Specialists — September 15 & 16
- Trauma-Informed and Resilience Oriented Approach Part 1 and 2 — September 2 & 10
- Preventing Medication Errors: Part 2 — August 20
- Preventing STIs in Job Corps — August 19
- Dental Aerosol Containment — August 11
- Preventing Medication Errors: Part 1 — August 11
- Resilience Strategies (in Spanish)— August 5
- Trauma Informed Care: Train the Trainer — July 29 & 30

Webinars are available for download at: <https://supportservices.jobcorps.gov/health/Pages/Webinars.aspx>.

Do you have a . . .

Topic idea or want to highlight your center activity. You can submit your suggestions to:

Julie Luht, MPH
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